



HEALTHY WORKSITES

Where's the perfect place to help adults eat healthier and boost daily activity? A place where many spend 40 or more hours a week, of course.

Worksites are an ideal place to encourage healthy behaviors, making it easy for people to get – and stay – healthy. Healthy workers are more productive and have reduced health care costs, an incentive for employers to get involved as well.

Here are some simple things you can do to make your worksite healthier. By working together, we can make it easier for everyone to have access to healthier food and more opportunities for physical activity.

Eating Well

- **Ask for healthy vending machine choices.** Start a conversation with your employer and co-workers about offering healthy choices in vending machines and taking out unhealthy drinks and foods. Most vending machine operators have healthier alternatives. [Learn more](#) about healthy vending.
- **Talk to your employer about starting a healthy meeting policy.** Promote healthy choices at work by serving healthy meals and snacks during meetings.
- **Talk to your employer about conducting Lunch-and-Learn sessions** on various health-related topics, including nutrition, stress management or healthy cooking.

Being Active

- **Talk to you employer or team about implementing walking meetings.** Walking meetings are perfect for smaller groups of people. Ask people to keep comfortable shoes at work for meetings that exercise both body and brain.
- **Develop walking maps of your workplace.** Measure the distance in halls and around the building for setting walking goals. Develop walking maps, and share throughout your company or organization.
- **Talk to your employer about providing bicycle racks.** Make it easier to bike to work by having a safe and convenient place to park bikes securely.
- **Talk to your employer about incorporating activity into company events,** such as picnics and conferences.

Additional Resources

[Alliance for a Healthier Minnesota](#)

[Prevention Minnesota](#)

[Eat Well Work Well](#)